




Breastfeeding Mom and Baby Food Packages (Adapted from NYS WIC Program, revised 12-2014)



Feeding Choice		Birth to 1 month	1 through 3 months	4 through 5 months	6 through 11 months
Fully Breastfeeding 	Each month Mom gets:	36 ounces WIC approved cereal 1 pound whole wheat bread/grain option \$10 cash voucher for veggies/fruits Three 12 ounce cans concentrated juice 6 gallons of non-fat or low-fat milk 1 pound cheese 1 lb. dried beans or 4 (15-16 oz.) cans of canned beans AND 18 ounces peanut butter 30 ounces canned fish 2 dozen eggs	→Same Package	→Same Package	→Same Package \$\$\$\$ The combined value of the food packages for the fully breastfeeding mom and her 6-12 month old baby is the highest of any food package offered by the WIC Program. \$\$\$\$
	Each month Baby gets:	YOUR PRICELESS BREASTMILK!			YOUR PRICELESS BREASTMILK Three 8 ounce cartons infant cereal Up to 64 jars baby food vegetables and fruit Up to 31 jars baby food meats
Mostly Breastfeeding/ Some Formula Feeding 	Each month Mom gets:	36 ounces WIC approved cereal 1 pound whole wheat bread/grain option \$10 cash voucher for veggies/fruits Three 12 ounce cans concentrated juice Up to 5 gallons of non-fat or low-fat milk AND 1 pound of cheese 1 lb. dried beans or 4 (15-16 oz.) cans of canned beans AND 18 ounces peanut butter 1 dozen eggs	→Same Package	→Same Package	→Same Package
	Each month Baby gets:	1 can powder formula = 3 ounces per day \$\$\$\$ Mom's package is worth more than the cost of 1 or 2 more cans of powder.\$\$\$\$	Up to 4.3 ¹ cans powder formula = 12.6 ounces per day OR 4 boxes (6-8oz bottles) of concentrate = 12.5 ounces per day	Up to 5 cans powder formula = 15 ounces per day OR 5 boxes (6-8oz bottles) of concentrate = 16 ounces per day	Up to 3.5 cans powder formula = 10.3 ounces per day OR 3.3 boxes (6-8oz bottles) of concentrate = 10.3 ounces per day Three 8 ounce cartons infant cereal Up to 32 jars vegetables and fruits
Limited Breastfeeding 	Each month Mom gets:	36 ounces WIC approved cereal \$10 cash voucher for veggies/fruits Two 12 ounce cans concentrated juice 3 ½ gallons of non-fat or low-fat milk 1 pound of cheese 1 lb. dried beans, or 4 (15-16 oz.) cans of canned beans OR 18 ounces peanut butter 1 dozen eggs	→Same Package	→Same Package	
	Each month Baby gets:	Up to 9 cans powder formula = 27 ounces per day OR 8.5 boxes (6-8oz bottles) of concentrate = 26.7 ounces per day	→Same Package	Up to 10 cans powder = 30 ounces per day OR 9.5 boxes (6-8oz bottles) of concentrate = 29 ounces per day	Up to 7 cans powder formula = 21 ounces per day OR 6.5 boxes (6-8oz bottles) of concentrate = 20 ounces per day Three 8 ounce cartons infant cereal Up to 32 jars vegetables and fruits

USDA is an equal opportunity provider and employer. *Based on contract formula. The number of cans and boxes is expressed as a decimal to account for the Full Nutrition Benefit an infant receives in timeframe.